



10-Week Go-4-Fit Challenge

Program is open to SRPMIC Community Members & family, Residents, Tribal Employees and Enterprise Employees

REGISTER at Salt River Fitness Center

Monday, August 15 – Friday, August 26, 2016

Pre Body measurements: Weight, Body Fat % and Waist

Participants will track physical activities, journal food and more to earn points.

Start tracking on Monday, August 29, 2016. Final tracking day will be Sunday, November 6, 2016.

Bi-weekly check-in on MONDAY OR TUESDAY ONLY. (weight, BF%, waist measurements) at SR Fitness Center

MUST COMPLETE FINAL BODY MEASUREMENTS AND TURN IN TRACKING SHEET from Monday, November 7 thru Thursday, November 10 at the Salt River Fitness Center. NO EXCEPTIONS!



THERE WILL BE OBSTACLES.
THERE WILL BE DOUBTERS.
THERE WILL BE MISTAKES.
BUT WITH HARD WORK,
THERE WILL BE SUCCESS.



Program by the SRPMIC Diabetes
Services Program – Fitness Center.
Questions call 480-362-7320